WHAT IS CLAIMED IS:

1. A physiologically acceptable tablet comprising an isoflavone-containing plant extract and a compressed tablet formulation that comprises a water-insoluble polysaccharide, wherein the amount of the water-insoluble polysaccharide in the tablet comprises at least about 15% of the dry weight of the tablet.

2. The tablet of claim 1, wherein the water-insoluble polysaccharide is a plant water-insoluble polysaccharide.

3. The tablet of claim 2, wherein the plant water-insoluble polysaccharide is a soybean plant water-insoluble polysaccharide.

4. The tablet of claim 3, wherein the soybean plant water-insoluble polysaccharide is Emcosoy® polysaccharide.

5. The tablet of claim 1, wherein the amount of the water-insoluble polysaccharide in the tablet comprises between about 15% to about 25% of the dry weight of the tablet.

6. The tablet of claim 1, wherein the amount of the water-insoluble polysaccharide in the tablet comprises about 21% to 22% of the dry weight of the tablet.

7. The tablet of claim 1, wherein the isoflavone-containing plant extract is from a fruit of the *Leguminosae* family.

8. The tablet of claim 7, wherein the fruit is a soy bean.

9. The tablet of claim 1, wherein the amount of the isoflavone-containing plant extract in the tablet comprises between about 10% to about 85% of the dry weight of the tablet.

10. The tablet of claim 9, wherein the amount of the isoflavone-containing plant extract in the tablet comprises between about 25% to about 70% of the dry weight of the tablet.

11. The tablet of claim 10, wherein the amount of the isoflavone-containing plant extract in the tablet comprises about 45% to about 65% of the dry weight of the tablet.

12. The tablet of claim 1, wherein the tablet can disintegrate in a gastric fluid within at least about 30 minutes.

13. The tablet of claim 1, wherein the tablet further comprises a micronized fatty acid in an amount between about 1% to about 5% of the dry weight of the tablet.

14. The tablet of claim 13, wherein the amount of the micronized fatty acid in the tablet comprises about 2% of the dry weight of the tablet.

15. The tablet of claim 13, wherein the micronized fatty acid is a micronized stearic acid.

16. The tablet of claim 1, wherein the tablet further comprises a silica gel in an amount between about 1% to about 5% of the dry weight of the tablet.

17. The tablet of claim 16, wherein the amount of the silica gel in the tablet comprises about 2% of the dry weight of the tablet.

18. The tablet of claim 1, wherein the tablet is suitable for delivery to a body cavity of the group consisting of the oral, buccal, sublingual, vaginal or rectal cavities.

19. The tablet of claim 1, wherein the formulation further comprises at least one additive agent selected from the group consisting of a disintegrant, a flavorant, an artificial sweetener, a perfume, and a colorant.

20. A tablet made by a direct compression process comprising the following steps:

(a) mixing an initial formulation comprising

an isoflavone-containing plant extract,

a water-insoluble polysaccharide, wherein the amount of the water-insoluble polysaccharide in the tablet comprises at least about 15% of the dry weight of the tablet,

a filler, and

a silica gel, wherein the amount of the silica gel in the tablet comprises between about 1% to about 5% of the dry weight of the tablet;

(b) milling the mixed formulation;

(c) mixing into the milled and mixed formulation a micronized stearic acid, wherein the amount of the micronized stearic acid in the tablet comprises between about 1% to about 5% of the dry weight of the tablet; and

(d) pressing the milled formulation into a tablet form, wherein the compression force of the press on the tablet is at least about 15 kilopounds.

21. The tablet of claim 20, wherein the compression force of the press on the tablet is between about 15 to about 30 kilopounds.

22. The tablet of claim 21, wherein the compression force of the press on the tablet is between about 17 to about 23 kilopounds.

23. The tablet of claim 20, wherein the isoflavone-containing plant extract is from the fruit of a *Leguminosae* family plant.

24. The tablet of claim 23, wherein the fruit is a soy bean.

25. The tablet of claim 20, wherein the direct compression process further comprises a coating process comprising the following steps:

(a) coating the pressed tablets with an aqueous dispersion comprising a cellulose-based polymer; and

(b) drying the coated tablets, wherein the drying does not heat the tablet more than about 40°C.

26. A tablet made by a granulation process comprising the following steps:

(a) mixing an initial formulation comprising an isoflavone-containing plant extract and a water-insoluble polysaccharide, wherein the amount of the water-insoluble polysaccharide in the tablet comprises at least about 15% of the dry weight of the tablet;

(b) granulating the mixed formulation using an aqueous solution comprising at least 0.5% cellulose-based polymer;

(c) drying the granulated formulation; and

(d) pressing the dried, granulated formulation into a tablet form.

27. The tablet of claim 26, wherein the isoflavone-containing plant extract is from the fruit of a *Leguminosae* family plant.

28. The tablet of claim 27, wherein the fruit is a soy bean.

29. The tablet of claim 26, wherein the granulation process further comprises a coating process comprising the following steps:

(a) coating the pressed tablets with an aqueous dispersion comprising a cellulose-based polymer; and

(b) drying the coated tablets, wherein the drying does not heat the tablet more than about 40°C.

30. A direct compression process for producing a tablet comprising the following steps:

(a) mixing an initial formulation comprising

an isoflavone-containing plant extract,

a water-insoluble polysaccharide, wherein the amount of the water-insoluble polysaccharide in the tablet comprises at least about 15% of the dry weight of the tablet,

a filler, and

a silica gel glidant wherein the amount of the silica gel in the tablet comprises between about 1% to about 5% of the dry weight of the tablet;

(b) milling the mixed formulation;

(c) mixing into the milled and mixed formulation a micronized stearic acid, wherein the amount of the micronized stearic acid in the tablet comprises between about 1% to about 5% of the dry weight of the tablet; and

(d) pressing the milled formulation into a tablet form, wherein the compression force of the press on the tablet is at least about 15 kilopounds.

31. The direct compression process of claim 30, wherein the isoflavone-containing plant extract is from the fruit of a *Leguminosae* family plant.

32. The direct compression process of claim 31, wherein the fruit is a soy bean.

33. The direct compression process of claim 30, wherein the compression force of the press on the tablet is between about 17 to about 23 kilopounds.

34. The direct compression process of claim 30 further comprises a coating process comprising the following steps:

(a) coating the pressed tablets with an aqueous dispersion comprising a cellulose-based polymer; and

(b) drying the coated tablets, wherein the drying does not heat the tablet more than about 40°C.

35. A granulation process for producing a tablet comprising the following steps

(a) mixing an initial formulation comprising an isoflavone-containing plant extract and a water-insoluble polysaccharide, wherein the amount of the water-insoluble polysaccharide in the tablet comprises at least about 15% of the dry weight of the tablet;

(b) granulating the mixed formulation using an aqueous solution comprising at least 0.5% cellulose-based polymer;

(c) drying the granulated formulation; and

(d) pressing the dried, granulated formulation into a tablet form.

36. The granulation process of claim 34 further comprises a coating process comprising the following steps:

(a) coating the pressed tablets with an aqueous dispersion comprising a cellulose-based polymer;

(b) drying the coated tablets, wherein the drying does not heat the tablet more than about 40°C.

37. A physiologically acceptable tablet comprising a compressed tablet formulation that comprises

an isoflavone-containing plant extract, wherein the amount of the plant extract in the tablet comprises about 45% to about 65% of the dry weight of the tablet;

a filler,

a micronized stearic acid, wherein the amount of the micronized stearic acid in the tablet comprises between about 1% to about 5% of the dry weight of the tablet;

a silica gel, wherein the amount of the silica gel in the tablet comprises between about 1% to about 5% of the dry weight of the tablet; and

a water-insoluble polysaccharide, wherein the amount of the water-insoluble polysaccharide in the tablet comprises at least about 15% of the dry weight of the tablet,

wherein the tablet can substantially dissolve in a gastric fluid in at least about 30 minutes.